

Topics

Diets

Appendix

Index

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

INDEX

Note: Page numbers in *italics* refer to illustrations

- Abruptio placentae, 1
Acne, 2
Acne rosacea, 3
Acne vulgaris, 2
Acute idiopathic polyneuritis, 203
Acute pyelonephritis, 273
Addison's disease, 4
Adenomatous hyperplasia of the uterus, 159
ADHD, 38
Adhesive capsulitis, 436
Adjustment disorders, 5
Adrenal insufficiency, 4
Adult acne, 3
Adult regular healthy diet, 532
AIDS, 234
Alcoholism, 6
Aldosteronism, 237
Allergic rhinitis, 205
Allergic shock, 16
Allergy, food, 7
Allergy/food sensitivity diets, 534
Alopecia areata, 8
ALS, 13
Alzheimer's disease, 9
Amebiasis, 10
Amebic dysentery, 10
Amenorrhea, 11
Amenorrhea, secondary, 12
Amyotrophic lateral sclerosis, 13
Anal fissure, 14
Anal fistula, 15
Anaphylactoid purpura, 404
Anaphylaxis, 16
Anemia during pregnancy, 17
 folic-acid deficiency, 18
 hemolytic, 19
 iron-deficiency, 20
 pernicious, 21
Aneurysm, 22
Angina pectoris, 23
Animal bites, 24
Anorectal abscess, 25
Anorexia nervosa, 26
Anxiety, 27
Aphthous ulcers, 73
Appendicitis, 28
Arrhythmia, 213
Arthritis, infectious, 29
Arthritis, juvenile rheumatoid, 30
Arthritis, rheumatoid, 31
AS, 451
Asbestosis, 32
Ascariasis and other roundworms, 421
Asthma, 33
Atelectasis, 34
Atherosclerosis, 35
Athlete's foot, 36
Atrial fibrillation, 37
Atrioventricular block, 212
Atrophic vaginitis, 517
Attention-deficit hyperactivity disorder, 38
Atypical pneumonia, 371
Autoeczematization, 251
Autosensitization, 251
B-12 deficiency anemia, 21
Back pain, low, 39
Bacterial endocarditis, 158
Balanitis, 40
Baldness, pattern, 41
Bang's disease, 65
Barotitis media, 42
Barotrauma, 42
Battering, 135
Bed sores, 449
Bed-wetting, 43
Bell's palsy, 44
Benign prostatic hypertrophy, 392
Bereavement, 202
Binge-eating syndrome, 67
Bipolar disorder, 45
Bladder infection, female, 46
 male, 47
Bladder or urethra injury, 48
Bladder tumor, 49
Bland diet, 537
Blastomycosis, 50
Blepharitis, 51
Blood poisoning, 52
Blood-transfusion reaction, 53
Body lice, 290
Boils, 54
Bone fracture, 55
Botulism, 56
BPH, 392
Brain or epidural abscess, 57
Brain tumor, 58
Breast abscess, 59
 cancer, 60
 infection, 304
 self examination, 576
Bronchial tree and lungs, 603
Bronchiectasis, 61
Bronchiolitis, 62
Bronchitis, acute, 63
Bronchitis, chronic, 64
Bronchogenic carcinoma, 295
Brucellosis, 65
Bruxism, 495
Buerger's disease, 66
Bulimia, 67
Bunion, 68
Burns, 69
Bursitis, 70
Calcaneal spur, 219
Calcium enhanced osteoporosis diet, 539
Calcium imbalance, 71
Candidiasis of skin, 72
Canker sores, 73
Carcinoid syndrome, 74
Cardiac arrest, 75
Cardiomyopathy, 76
Carpal tunnel syndrome, 77
Care of casts, 577
Cataract, 78
Celiac disease, 79
Cellulitis, 80
Cerebral palsy, 81
Cerumen impaction, 150
Cervical cancer, 82
 dysplasia, 83
 erosion, 84
 intraepithelial neoplasia, 83
 musculoskeletal discomfort, 86
 polyps, 85
 radiculopathy, 86
 spondylosis, 86
 strain, 526
 rib syndrome, 480
Cervicitis, 87
CF, 113
Chalazion, 88
Chickenpox, 89
Chlamydia infection, 90
Cholecystitis or cholangitis, 91
Cholelithiasis, 186
Cholesterol and sodium restricted diet, 541
Chronic fatigue syndrome, 92
Chronic obstructive pulmonary disease, 93
Chronic pyelonephritis, 274
CIN, 83
Cirrhosis of the liver, 94
Claudication, 95
Coccidioidomycosis, 519
Cold sore, 97
Cold, common, 96
Colic in infants, 98
Colitis, 266
Colitis, ulcerative, 99
Colon cancer, 279
Colorectal cancer, 279
Condom usage to prevent STDs, 578
Condylomata acuminata, 525
Congestive heart failure, 100
Conjunctivitis, 101

Conn's syndrome, 237	Dyspepsia, 259	Fractures, 613
Constipation, 102	Dysphagia, 145	Frostbite, 185
Convulsion, febrile, 103	Dysthymia, 146	FUO, 177
COPD, 93		Furuncles, 54
Cor pulmonale, 104	Ear, 598	Gallstones, 186
Corn or callus, 105	Ear infection, middle, 147	Gangrene, 187
Corneal abrasion and ulcer, 106	Ear infection, outer, 148	Gardnerella vaginitis, 514
Coronary artery disease, 107	Eardrum, ruptured, 149	Gastric erosion, 188
atherosclerosis, 107	Earwax blockage, 150	Gastric ulcer, 506
heart disease, 107	Eaton-agent pneumonia, 371	Gastritis, 189
Costochondritis, 108	Ectopic pregnancy, 151	Gastroenteritis, 190
Coxa plana, 285	Ectropion, 152	Gastroesophageal reflux disease, 216
CP, 81	Eczema, 153	Gastrointestinal tract, 606
Crab lice, 290	Emphysema, 154	GDM, 191
Cranial arteritis, 378	Empyema, 155	Genital warts, 525
Creeping eruptions, 281	Encephalitis, viral, 156	Gerd, 216
Crohn's disease, 109	Encopresis, 157	German measles, 422
Croup, 110	Endocarditis, 158	Gestational carbohydrate intolerance, 191
Cryptococcosis, 111	Endocrine system, male and female, 609	Gestational diabetes mellitus, 191
Cryptorchidism, 476	Endometrial hyperplasia, 159	Giant urticaria, 235
Curvature of the spine, 430	Endometriosis, 160	Giant-cell arteritis, 378
Cushing's syndrome, 112	Entamebiasis, 10	Giardiasis, 192
Cystic fibrosis, 113	Enterobiasis, 362	Gilbert's syndrome, 193
Cystitis in women, 46	Entropion, 161	Gilchrist's disease, 50
Dacryocystitis or dacryostenosis, 471	Enuresis, 43	Gingivitis, 194
Daily values nutrition information, 544	Epicondylitis, 475	Glaucoma, chronic open-angle, 195
Deafness, 210	Epidermoid cyst; wens, 432	Glaucoma, primary angle-closure, 196
Decompression sickness, 114	Epididymitis, 162	Glomerulonephritis, 197
Decubitus ulcers, 449	Epiglottitis, 163	Glossitis, 493
Degenerative joint disease, 338	Epilepsy, 164	Gluten enteropathy, 79
Dehydration, 115	Epistaxis, 333	Gluten restricted diet, 550
Dementia, 116	Erectile dysfunction, 255	Gonorrhea, 198
Depression, 117	Erysipelas, 80	Gout, 199
Dermatitis, atopic, 118	Erythema multiforme, 165	Granuloma annulare, 200
contact, 119	Erythema nodosum, 166	Granuloma, pyogenic, 201
herpetiformis, 120	Erythroblastosis fetalis, 416	Granulomatous colitis, 99
seborrheic, 121	Esophageal stricture or corrosive esophagitis, 167	Granulomatous ileitis, 109
Diabetes, feet and skin problems, 122	Esophagus cancer, 168	Grief, 202
hypoglycemia, 123	Exanthem subitum, 420	Gripe, 260
insipidus, 124	Exercise and physical benefits, 580	Guillain-Barré syndrome, 203
mellitus, insulin-dependent, 125	Extradural hemorrhage, 169	Gum inflammation, 353
mellitus, non-insulin-dependent, 126	Eye, 597	Hallux valgus, 68
Diaper rash, 127	Eye contusion or laceration, 170	Hand, foot & mouth disease, 204
Diarrhea, acute, 128	Eye, foreign body in, 171	Hardening of the arteries, 35
Diarrhea, chronic, non-specific of childhood, 129	Failure to thrive, 172	Hay fever, 205
DIC, 133	Fainting, 173	Head injury, 206
Diphtheria, 130	Fat and cholesterol restricted diet, 545	Head lice, 290
Disk, ruptured, 131	Fecal impaction, 174	Headache, cluster, 207
Dislocation or subluxation, 132	Female genital organs, 610	Headache, migraine, 208
Disseminated intravascular coagulation, 133	Fertility problems in men, 175	Headache, tension or vascular, 209
Diverticular disease, 134	Fertility problems in women, 176	Hearing impairment or loss, 210
DLE, 296	Fever blister, 97	Heart attack, 211
Domestic violence, 135	Fever, how to reduce, 581	block, 212
Down syndrome, 136	Fever of unknown origin, 177	rhythm irregularity, 213
Drowning, near, 137	Fiber enhanced diet, 548	Heart schematic cross-section, 605
Drug abuse and addiction, 138	Fibrocystic breast disease, 178	Heart showing coronary arteries, 604
Drug hypersensitivity, 139	Fibroid tumors of the uterus, 179	Heart valve disease, 214
Dumping syndrome, 140	Fibromyositis or fibromyalgia, 180	Heartbeat, rapid, 215
Duodenal ulcer, 506	Fibrosis, 180	Heartburn, 216
Dysentery, bacillary, 141	Flu, 260	Heartburn during pregnancy, 217
Dyshidrosis, 142	Fluid and electrolyte disorders, 181	Heatstroke or heat exhaustion, 218
Dysmenorrhea, 143	Folliculitis, bacterial, 182	Heel spur, 219
Dyspareunia, 144	Folliculitis, fungal, 183	Hemophilia, 220

Hemorrhoids, 221	Iritis, 265	Malaria, 302
Henoch-Schönlein purpura, 404	Irritable bowel syndrome, 266	Male genital organs, 611
Hepatitis, viral, 222	Ischemic heart disease, 107	Manic-depressive disorder, 45
Hepatocellular carcinoma, 223		Marfan syndrome, 303
Hepatoma, 223	Jock itch, 489	Marie-Strumpell disease, 451
Hernia, 224	JRA, 30	Mastitis, 304
Herniated disk, 131	Kaposi's sarcoma, 267	Measles, 305
Herpangina, 225	Kegel exercises, 583	Melanoma, 306
Herpes simplex, 97	Keloids, 268	Ménière's disease, 307
zoster, 227	Keratitis, 269	Meningitis, aseptic, 308
genital, 226	Keratoses, seborrheic, 270	Meningitis, bacterial, 309
Hiatal hernia, 228	Keratosis pilaris, 272	Menopause, 310
Hiccup, 229	Keratosis, actinic, 271	Menorrhagia, 311
Hiccup, 229	Kidney failure, acute, 412	Menstrual cramps, 143
Hidradenitis suppurativa, 230	failure, chronic, 413	Mental retardation, 312
High blood pressure, 243	infection, acute, 273	Miliaria rubra, 389
Hip fracture, 231	infection, chronic, 274	Milk intolerance, 278
Hirsutism, 232	stones, 276	Miscarriage, 313
Histoplasmosis, 233	tumor, 241	Mitral valve prolapse, 314
HIV & AIDS, 234	polycystic, 275	Moist warts, 525
Hives, 235	Labyrinthitis, 277	Molluscum contagiosum, 315
Hodgkin's disease, 236	Lactose controlled diet, 553	Mongolism, 136
Hordeolum, 460	Lactase deficiency, 278	Moniliasis, 72
Human immunodeficiency virus and	Lactose intolerance, 278	Mononucleosis, infectious, 316
acquired immunodeficiency	Large intestine polyp, 280	Morning sickness during
syndrome, 234	Large-intestine cancer, 279	pregnancy, 317
Hydrophobia, 406	Larva migrans, cutaneous, 281	Motion sickness, 318
Hyperaldosteronism, 237	Laryngeal cancer, 283	Mouth or tongue tumor, benign, 319
Hyperemesis gravidarum, 238	Laryngitis, 282	Multiple myeloma, 320
Hyperhidrosis, 239	Laryngotracheobronchitis, 110	Multiple sclerosis, 321
Hyperlipidemia, 240	Larynx and thyroid gland, 602	Mumps, 322
Hyperlipoproteinemia, 240	Larynx cancer, 283	Muscular dystrophy, 323
Hypernephroma, 241	Lead poisoning, 284	Myasthenia gravis, 324
Hyperparathyroidism, 242	Legg-Perthes disease, 285	Myocardial infarction, 211
Hypertension, 243	<i>Legionella pneumophila</i> bronchopneu-	Myocarditis, 325
Hyperthyroidism, 244	monia, 286	Myomas; leiomyomas, 179
Hypertrophic pyloric stenosis, 405	Legionnaire's disease, 286	Nails, ringworm infection of, 326
Hyperventilation, 245	Leukemia, acute, 287	Narcolepsy, 327
Hypocondriasis, 246	Leukemia, chronic lymphocytic, 288	Nasal polyps, 328
Hypoglycemia, functional, 247	Leukoplakia, 289	Nasal septum, deviated, 329
Hypoparathyroidism, 248	LGV, 299	Necrotizing angiitis, 375
Hypopituitarism, 363	Lice, 290	Necrotizing ulcerative gingivitis, 501
Hypothermia, 249	Lichen planus, 291	Nephroblastoma, 528
Hypothyroidism, 250	Lipomas, 292	Nephrosis, 330
Id reaction, 251	Liquid diet clear, 555	Nephrotic syndrome, 330
IDDm, 125	Liquid diet full, 556	Nevi, dysplastic, 331
Idiopathic hypertrophic subaortic sten-	Liver cancer, 223, 293	Non-tropical sprue, 79
osis, 252	Living longer and healthier, 584	Nonspecific vaginitis, 514
IHSS, 252	Lockjaw, 479	North american blastomycosis, 50
Immunizations, childhood, 582	Lou Gehrig's disease, 13	Nose and throat, 599
Immunodeficiency diseases, 253	Low back care, 585	Nose fracture, 332
Impetigo, 254	Low-grade depression, 146	Nosebleed, 333
Impotence, male sexual, 255	Lung abscess, 294	Obesity, 334
Incontinence, functional, 256	Lung cancer, 295	Obsessive compulsive disorder, 335
stress, 257	Lupus erythematosus, discoid, 296	Onychomycosis; tinea unguium, 326
urge, 258	Lupus erythematosus, systemic, 297	Oral cancer, 336
Indigestion, 259	Lyme disease, 298	Oral candidiasis, 485
Infant nutritional information, 552	Lymphogranuloma inguinale, 299	Ornithosis, 398
Infectious polyneuropathy, 203	Lymphogranuloma venereum, 299	Osgood-Schlatter disease, 337
Infective endocarditis, 158	Lymphoma, non-Hodgkin's, 300	Osteitis deformans, 344
Influenza, 260	Lymphosarcoma, 300	Osteoarthritis, 338
Insect bites & stings, 261		Osteochondrosis, 337
Insomnia, 262	Malabsorption, 301	Osteomyelitis, 339
Interstitial cystitis, 263	Malabsorptive syndrome, 301	Osteoporosis, 340
Intussusception, 264		

Otitis externa, 148	Postpartum depression, 381	Safe use of medicine, 591
Otitis media, 147	Postpartum infection, 401	Salivary gland infection, 423
Otosclerosis, 341	Potassium imbalance, 383	Salivary gland tumor, 424
Ovarian cancer, 342	Potassium rich foods, 560	<i>Salmonella</i> infections, 425
Ovarian tumor, benign, 343	Preeclampsia/eclampsia, 384, 497	Salpingitis, 350
Oxyuriasis, 362	Pregnancy-induced hypertension, 384	San Joaquin Valley Fever, 519
Paget's disease of bone, 344	Pregnancy nutrition diet, 561	Scabies, 426
Pancreas cancer, 345	Premature ejaculation, 385	Scarlet fever, 427
Pancreatitis, 346	Premature labor, 386	Schizophrenic disorders, 428
Panic attack, 245	Premenopausal abnormal uterine bleeding, 508	Scleroderma, 429
Panic disorder, 347	Premenstrual syndrome, 387	Scoliosis, 430
Parkinson's disease, 348	Premenstrual tension, 387	Seasonal affective disorder, 431
Paronychia, 349	Prenatal exercising, 588	Seatworm, 362
Parrot fever, 398	Presenile dementia, 9	Sebaceous cyst, 432
Pediatric diets, 558	Priapism, 388	Seizure disorder, 164
Pediculosis, 290	Prickly heat, 389	Septic arthritis, 29
Pelvic inflammatory disease, 350	Proctitis, 390	Septicemia, 52
Penis cancer, 351	Progressive systemic sclerosis, 429	Sexual dysfunction, female, 433
Periarteritis, 375	Prostate cancer, 391	Sexually transmitted diseases, 434, 592
Pericarditis, acute, 352	Prostate, enlarged, 392	Shigellosis, 141
Periodontitis, 353	Prostatitis, 393	Shingles, 227
Peripheral neuritis, 354	Pruritus ani, 394	Shock, 435
Peripheral neuropathy, 354	Pruritus vulvae, 395	Shoulder, frozen, 436
Peritonitis, 355	Pseudogout, 396	Sickle-cell anemia and sickle-cell trait, 437
Personality disorders, 356	Pseudomembranous enterocolitis, 397	SIL, 83
Pertussis, 527	Psittacosis, 398	Silicosis, 438
Pharyngitis, 357	Psoriasis, 399	Singer's nodes, 522
Pheochromocytoma, 358	Psoriatic arthritis, 400	Singultus, 229
Phlebitis, 482	Psychosomatic illness, 589	Sinus cavities, 600
Phlebothrombosis, 482	Puerperal fever, 401	Sinus infection, 439
Phobias, 359	Puerperal infection, 401	Sinusitis, 439
Photosensitivity, 465	Pulmonary edema, 402	Sjögren's syndrome, 440
Pica, 360	Pulmonary embolism, 403	Skeletal system, 612
PID, 350	Pulmonary hypertension, 104	Skin cancer, basal cell, 441
PIH, 384	Purpura, allergic, 404	cancer, squamous cell, 442
Piles, 221	Pyloric stenosis, congenital, 405	lesions, benign, 443
Pilonidal cyst, 361	Pyoderma, 254	self examination, 593
Pink eye, 101	Rabies, 406	SLE, 297
Pinworms, 362	Radiation sickness, 407	Sleep apnea, 444
Pituitary gland, underactive, 363	Rape crisis syndrome, 408	Sleep disorders, 445
Pituitary tumor, 364	Raynaud's disease and phenomenon, 409	Slipped disk, 131
Pityriasis alba, 365	Rectal prolapse, 410	Slipped femoral epiphysis, 285
Pityriasis rosea, 366	Red measles, 305	Smoking, 446
Placenta previa, 367	Regional ileitis, 109	Snakebite, 447
Plasma cell myeloma, 320	Reiter's syndrome, 411	Sodium controlled diet, 565
Pleurisy, 368	Renal calculi, 276	Sodium imbalance, 448
Pleuritis, 368	Renal failure, acute, 412	Soft diet, 568
Pleurodynia, 368	Renal failure, chronic, 413	Sores, pressure, 449
PMS, 387	Reticulum cell sarcoma, 300	Spastic colon, 266
Pneumoconiosis, 369	Retinal detachment, 414	Spinal cord tumor, 450
Pneumonia, bacterial, 370	Reye's syndrome, 415	Spondylitis, ankylosing, 451
mycoplasma, 371	Rh incompatibility, 416	Spontaneous abortion, 313
<i>Pneumocystis carinii</i> , 372	Rheumatic fever, 417	Sporotrichosis, 452
viral, 373	Rice therapy, 590	Spousal abuse, 135
Pneumothorax, 374	Ringworm of the feet, 36	Sprains and strains, 453
Polyarteritis nodosa, 375	Ringworm, 418	Squamous intraepithelial lesions, 83
Polycystic ovarian syndrome, 376	Rocky mountain spotted fever, 419	STDs, 434
Polycythemia, 377	Roseola infantum, 420	Stein-Leventhal syndrome, 376
Polymyalgia rheumatica or temporal arteritis, 378	Roundworms, 421	Stomach cancer, 454
Polymyositis and dermatomyositis, 379	Rubella, 422	Stomach, liver, gallbladder and duodenum, 607
Porphyria, 380	Rubeola, 305	Stomatitis, 455
Post-infectious, acute or chronic glomerulonephritis, 197	SAD, 431	Strabismus, 456
Post-traumatic stress disorder, 382		Strep Throat, 457
		Streptococcal sore throat, 457

-
- Stress, 458
Stress, how to cope, 594
Stroke, 459
Stye, 460
Subarachnoid hemorrhage, 461
Subconjunctival hemorrhage, 462
Subdural hemorrhage and
hematoma, 463
Substance abuse and addiction, 464
Sun poisoning, 465
Sunburn, 466
Sunstroke, 218
Surgical wound infection, 467
Swimmer's ear, 148
Syncope, 173
Syphilis, 468

Tachycardia, 215
Tapeworm, 469
Tay-Sachs disease, 470
TB, 504
Tear duct infection or blockage, 471
Teething, 472
Temporomandibular joint
syndrome, 473
Tendinitis and tenosynovitis, 474
Tennis elbow, 475
Testes, undescended, 476
Testicle torsion, 478
Testicular cancer, 477
Testicular self examination, 595
Tetanus, 479
Thoracic-outlet-obstruction
syndrome, 480
Threadworm, 362
Thromboangiitis obliterans, 66
Thrombocytopenia, 481
Thrombophlebitis, superficial, 482
Thrombosis and embolus, arterial, 484
Thrombosis, deep vein, 483
Thrush, 485
Thumb sucking, 486
Thyroid nodule, 487
Thyroiditis, 488
Thyrotoxicosis, 244
TIA, 500
Tic douloureux, 503
Tick typhus, 419
Tietze's syndrome, 108
Tinea, 418
Tinea cruris, 489
Tinea pedis, 36
Tinea versicolor, 490
Tinnitus, 491
TMJ, 473
Toenail, ingrown, 492
Tongue inflammation, 493
Tonsillitis, 494
Tooth grinding, 495
Torticollis, 496
Torulosis, 111
Toxemia of pregnancy, 497
Toxic goiter, 244
Toxic shock syndrome, 498
Toxoplasmosis, 499
Trachea and larynx, 601
- Transient ischemic attack, 500
Travel and health, 596
Trench mouth, 501
Trichinosis, 502
Trichomoniasis, 518
Trigeminal neuralgia, 503
Trisomy 21, 136
TSS, 498
Tuberculosis, 504
Tympanic-membrane perforation, 149
Type 1 diabetes, 125
Typhoid fever, 505
Tyramine restricted diet, 570

Ulcer, peptic, 506
Undulant fever, 65
Urethritis, 507
Urinary calculi, 276
Urinary tract, 608
Urticaria, 235
Uterine bleeding, dysfunctional, 508
Uterine bleeding, postmenopausal, 509
Uterine cancer, 510
Uterine prolapse, 511

Vaginal or vulvar cancer, 512
Vaginal candidiasis, 516
Vaginal yeast infection, 515
Vaginismus, 513
Vaginitis, bacterial, 514
 candidal, 515
 monilial, 516
 postmenopausal, 517
 trichomonal, 518
Valley fever, 519
Valvular heart disease, 214
Varicella, 89
Varicose veins, 520
Verruca vulgaris, 524
Vincent's disease, 501
Viral meningitis, 308
Vitiligo, 521
Vocal cord nodules, 522
Vulvovaginitis before puberty, 523

Walking pneumonia, 371
Warts, 524
Warts, venereal, 525
Weight control suggestions, 572
Weight reduction diet, 573
Whiplash, 526
Whooping cough, 527
Wilms' tumor, 528
Winter itch, 529
Wryneck, 496

Xerotic eczema, 529

Zinc deficiency, 530